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MARCH 1, 2022 | VOLUME 13 | ISSUE 5

YOUR DONATION BENEFITS THE VENDORS.  
PLEASE BUY ONLY FROM BADGED VENDORS.

New mandate for free period products in every public restroom in Ann Arbor. **Page 9**



MEET YOUR  
VENDOR:  
**LARZELL  
WASHINGTON,**  
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# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.



My hope for  
Purple House  
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THIS PAPER WAS BOUGHT FROM

venmo



@groundcovernews, include vendor name and vendor #

from the **DIRECTOR's DESK**



Recently when revamping our sales training and orientation program with some veteran Groundcover vendors, it was pointed out that I have no idea what it's like to sell Groundcover. I don't know how to handle big crowds, close a sale, or what it feels like to get 15 "nos" for every "yes." They were right.

The last day of vendor appreciation week, on a rainy Friday afternoon, I went out to try to sell Groundcover News myself. I began with Jay and Derek on Main and Liberty to loosen up. Zero sales. 15 minutes later I walked up to 4th and

Liberty with Joe for some training.

Upon my arrival, Joe was making a sale. The customer handed Joe Woods a ten dollar bill, and Joe handed it back after noting its design, asking him if he wanted to keep it due to its novelty. The bill looked like it was the first \$10 ever printed (later we discovered it was only from the 70s).

This new customer was a long time resident of Ann Arbor, who was surprised to get his money handed back to him. He was surprised to find out what was being sold, after years of passing by vendors downtown. The interaction opened up into a conversation between the three of us about all things Groundcover News. In a matter of minutes he became a "regular."

Later in the afternoon I tried selling at People's Food Coop, then at the corner of State and Liberty, and finally Nickel's Arcade. My pitch was "Have you gotten the new copy of Groundcover News?" If I got a

confused look, which I often did, I would follow-up with "Have you ever heard about Groundcover News?"

I talked to a lot of folks (and at folks sometimes) who had no clue what Groundcover is. And although I still am nowhere near being a sales guru, I got first hand experience about what our vendors are up against: stereotypes, people in a rush, and more than I expected — ignorance about who we are.

Every now and then I wonder to myself, "Who will be the last person to know about Groundcover News?"

If this is your first copy, thanks for stopping and listening. Welcome, and enjoy this paper.

If this is your 126th copy of Groundcover (yes, this is the 126th edition of Groundcover), find someone in your life who doesn't know what Groundcover is and tell them some good news like this. Don't let them be the last to know!

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**GROUNDCOVER NEWS**

CREATING **OPPORTUNITY** AND A **VOICE** FOR LOW-INCOME PEOPLE WHILE TAKING ACTION TO END HOMELESSNESS AND POVERTY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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**GROUNDCOVER NEWS ADVERTISING RATES**

Size	Black/White	Color	Dimensions (W x H in inches)
1/8	\$110.00	\$150.00	5 X 3 or 2.5 X 6.5
1/6	\$145.00	\$200.00	5 X 4
1/4	\$200.00	\$265.00	5 X 6.25
1/2	\$375.00	\$500.00	5 X 13 or 10.25 X 6.5
full page	\$650.00	\$900.00	10.25 X 13

**PACKAGE PRICING**

Three Months/Six Issues: **15%** off  
Six Months/Twelve Issues: **25%** off  
Full Year/Twenty-four Issues: **35%** off  
Only run for two weeks/one issue: **40%** off  
Additional **20%** discount for money saving coupons

**MEET YOUR VENDOR**



**Larzell Washington, vendor No. 128**

**In one sentence, who are you?**  
Larzell O'Neill Washington.

**Where do you usually sell Groundcover News?**

Mostly at the People's Food Coop but I also have an office at the FedEx building and Literati Bookstore. God bless you and thank you.

**What is your favorite thing to do in Ann Arbor?** Talk to people.

**What motivates you to work hard selling Groundcover News?**

The people, the old friends and new-found friends that I always encounter — big and small. I know people who own businesses and people with their legs cut off. If I can say as much, who is the big and who is the small?

**What words do you live by?**  
Expect the same respect you give.

**If you had a warning label, what would it say?**  
I love you.

**What's the most interesting thing that happened to you while selling Groundcover?**

The rejection of what some people call God, and what I call love. I had a woman one day tell me "I don't take blessings from God" when I said "God bless you." When I told someone what she said, he said, "He's not doing much for the country." I said, "Let's take God's name out of it and learn how to love."

**What's the best way to start the day?** Saying good morning!

**What changes would you like to see in Washtenaw county?**

Stop social discrimination — no more right to refuse service. On what grounds do you refuse me? Because I'm homeless?

**Women's History Month lacks inclusion**

Women throughout American history have struggled for inclusion and representation. Yet from the right to vote to current day struggles, women have also parted ways when deciding which women deserve to advance.

There was undoubtedly a racial divide in the early women's marches for the Suffrage movement when Ida B. Wells's sorority of black women journalists were told to march behind white delegates. Black women have felt it necessary to form feminist movements separate from whites.

As we celebrate another Women's History Month, the omission continues with homeless women (aka women of the street) remaining invisible in the discussion of women's struggles.

While countless women's organizations of all persuasions insist that they are working towards the betterment of all women, they remain silent on the often insurmountable challenges of homeless women. Those of us who are experiencing homelessness or who have experienced it have no representation or voice.

Most notably was the March on Washington where the intended goals spelled out came nowhere near to addressing the homeless



**LIT KURTZ**  
Groundcover vendor No. 159

woman and her needs. The goal statement read as follows: "Protection of our rights, our safety, our health and our families — recognizing that our vibrant and diverse communities are the strength of our country."

More specifically, the goals detailed the following: Women's rights, LGBTQ rights, racial equality, disability rights, gender equality, worker rights, immigration rights, health care reform, freedom of religion and environmental protection.

Perhaps homeless women are expected to find ourselves embedded within the language under one of the explicit categories mentioned — which in itself is an act of omission.

Although homeless women clearly fit under the umbrella of many problems faced by women

as a whole, their challenges are unique and deserve not only mention, but dire attention.

While the struggle for housing is most obvious, women who are homeless have different needs than homeless men. As young women, we menstruate, we become pregnant, we are often abused by males both homeless and housed. Homeless women are more likely to be victims of sex-trafficking and often have parental rights removed from them in favor of spouses or partners who are better financially situated.

As older women we face menopause in environments that further complicate our symptoms.

We are both white and women of color. We are LGBTQ, teens, elderly, strong and fragile. We are both educated and illiterate. Yet the struggles of acceptance and support specific to our needs remain constant.

It is time that women of all races, ages, and religions begin to find space to include their homeless sisters in the women's struggle. Until our world recognizes that genuine diversity includes the unhoused woman, the discussion of women's rights is yet incomplete.

**Freedom is the recognition of necessity**

Communication is the challenge of our time. It is not a new challenge as anyone with a sense of their heritage knows well. Words, and meanings of words, can be such a puzzle that people fall back to weather, sports and family as the only safe conversations. It does not work well when gridlock appears everywhere; families are breaking down.

Tranquility is a word which is losing its meaning as compliance with 'policy' becomes your life. Paperwork rules. Sign here to proceed with reams of terms and conditions. Everyone is overwhelmed and "taking care of business" becomes an addiction to busy-ness. Freedom needs some contemplative space.

Pause for a breath. What does the



**KEN PARKS**  
Groundcover vendor No. 490

wisdom of the body tell us? "Return to the Source" is a collection of essays by Amilcar Cabral, one of the brightest and bravest freedom fighters of the 20th century. Reverend Lucius Walker Jr., founder of Pastors for Peace, and I share a deep respect for Cabral, especially his essay "Tell No Lies, Claim No Easy Victories"

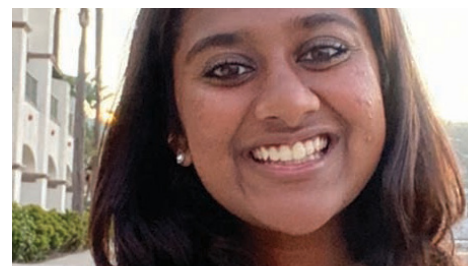
which is short, sweet and powerful. Amilcar spoke in Havana, Cuba, about a correct view of history which should include private property, the class struggle and prehistory — the many thousands of years of oral tradition that preceded writing. Jesus and Buddha did not write anything. They brought the wisdom of the oral tradition to fruition and IMHO (in my humble opinion) promoted our universal ethic, "From each according to their ability, to each according to their need." The words written about them should be studied with discriminating awareness.

We need help from our ancestors and especially from those who have

# New mandate for free period products in every public restroom in Ann Arbor

On January 1, 2022, the new ordinance that mandates that every public restroom in Ann Arbor must provide free menstrual products, including both tampons and pads, took effect. What restrooms are mandated to provide these products? The mandate requires that every public restroom (including both designated male and female restrooms) must provide free menstrual products or else they will be faced with a 100 dollar fine. These public restrooms include libraries, museums, and even the bathrooms of private businesses like restaurants or malls in Ann Arbor. What inspired this new mandate? Will the menstrual products be upkept and properly stocked for public use in every public restroom?

In order to gain some answers for these questions, I elected to speak with someone who possesses a great deal of knowledge specifically surrounding the availability of period products in Ann Arbor. I spoke with Olivia Hintz, who is the president of The Dot Org: an organization at the University of Michigan that aims to eradicate stigma around periods and provide access to menstrual products for people experiencing poverty. I asked her if with the background knowledge she possesses, there was anything that was concerning her



**TANVI RAVI**  
Groundcover contributor

regarding this mandate. She mentioned how she was pretty cognizant that Ann Arbor generally tended to be more progressive than other areas. Initially she was concerned that maybe "some business owners would not want to do it or would not be excited about it." However she mentions that it seems like it has been going smoothly and that it seems like business owners are not opposed to adding free period products to the bathrooms. She even mentioned that she has seen these products in public bathrooms at restaurants.

She mentions an intriguing concern regarding the addition of free menstrual products specifically in restrooms of the University of Michigan – the slightly increased difficulty of getting free menstrual products at the University of Michigan because

"the facilities team is not properly trained" to stock these period products and the facilities team union has contracts which need to be amended to include stocking period products in the bathrooms.

These products are meant to be accessible to everyone. Olivia spoke about how it is important that the public is aware that these products are not just stocked in "fancy restaurants." They are available at public libraries, bus transit centers, and more. Hopefully this new mandate can ease some stress for menstruators and even some financial burden.

It will be important to see if every public restroom will continue to keep up with refilling these free period products in their bathrooms. Will the sense of moral responsibility or aversion to getting the 100 dollar fine be motivation enough for business owners to ensure the free products continue to be available in their bathrooms? This new mandate in Ann Arbor is making impactful strides in increasing accessibility of menstrual products everywhere. Ann Arbor is the first city in the United States to implement a mandate requiring free menstrual products in every public restroom. Hopefully the success of this new mandate in Ann Arbor will inspire other cities to pass new



**You might find a dispenser like this one at Zingermans Next Door the next time you enter a public restroom. Due to the organizing efforts of groups like The Dot Org, every public restroom in AA must provide free menstrual products.**

ordinances requiring free menstrual products in public restrooms. This could allow equal access to menstrual products to every person who menstruates all over the nation.

## On the Commons ...

**ALAN HABER**  
Commons organizer

The most amazing news is that of all the readers and vendors of the Groundcover New Year's issue, January 1, 2022, who had in their hand the "Personal Invitation" on page 5 in the "On the Commons..." column — no one, not one responded [to indicate interest in working on developing the Commons]! How is that possible? This continues the invitation.

The Commons is the most significant political development in Ann Arbor in living memory. A victory for poor people. All the powerful groups in town said, "No no! Sell the Center of the City, Money is what matters. Build a luxury iconic high rise (so the rich can look down on the rest of us from their upper floors.)" A 10 year grassroots political campaign said otherwise: "Put people first!"

The commons makes the Center of

the City a place for people. The commons empowers poorer people with initiative to create a place and activities that include what people want: gardens and green, play spaces, performance spaces, a cafe and a place to organize and promote for people's needs — affordable housing, social services, good work — a place where your interests and ideas are welcome.

Quotes: "Definition-wise the commons is self management of commonly pooled resources by the users. It is different from being run by the government for a service, or by some private corporation for money." "The commons is self service. The commons does not exist without commoners." It is like the Groundcover News ... people doing it themselves with mutual respect, mutual responsibility and mutual benefit.

Ten years of political work rescued the Center of the City for the people. Progress is recorded on the website

[www.annarborcommunitycommons.org](http://www.annarborcommunitycommons.org). Most recently the commons had a Martin Luther King Jr. program inviting people to speak out on: "What is your dream?" The video will soon be out and viewable on the website.

Coming up in April will be Earth Days, April 21-24, with a "Green Brick Road to Sustainability" showing many of the projects on-going for planet and life survival. There will be performance stages inviting your talents and a grand festival on Saturday. Please respond if you want to help or to strut your stuff.

The biggest thing coming to Ann Arbor is the Bicentennial Celebration in 2024. Ann Arbor was founded as a City in 1824 ... when the "Indians" were driven out. One idea circulating on the commons is to honor and invite the Potawatomi Nation to come back, to resettle a community in Ann Arbor and to share their knowledge and culture with us late-comers. Planning is beginning now. In general the

Bicentennial is intended to honor all the people and communities of Ann Arbor and our histories. Often this means focus on the richer people who have gotten well-connected. The celebration could also show the more common people of Ann Arbor and the life struggles better known from the bottom up, if some people wanted to join the planning.

Still inviting your interest. Don't be shy. Give me a call. Landline messages 734-761-7967, or email megiddo@umich.edu ... or say hello in the street. Eager to hear!

From Alan Haber ... organizer for the Center of the City Commons

(The "commons" is the city-owned land including the Library Lane Parking Lot, Liberty Plaza, the Kempf House and Library Lane, called the Center of the City).

## Boober update



**KEVIN SPANGLER**  
Groundcover vendor No. 307

Big things happening with Boober. We have now upgraded the fleet to 12 high quality motors. We just hired a professional welder to design three prototype pedicabs to create a high quality light electric vehicle with little maintenance. We are investing our savings into parts for pedicabs for a parts company and to supply the future of our light electric vehicle business.

We are also investing in offering more advertising products to help

with lead generation marketing for our clients. We hired an advertising agency to assist in expanding Boober Tours to be more sophisticated with the goal to be the most powerful ad agency in the world.

We are also getting Boober taxes done in order to get IRS approval to build a building for Boober that will have a warehouse and 11 affordable apartments. I'm talking really affordable.



## Work. (L)earn. Thrive. Invest in your Future.

SummerWorks is a 10-week summer employment and mentorship program for young adults in Washtenaw County (ages 16-24). The program provides training and resources to help you:

- Network with local professionals
- Explore career opportunities and new industries
- Build essential job and leadership skills



## What are you signing up for?

- Attending 12 paid professional development sessions throughout the summer designed to help you build skills in resume writing, interviewing, communication, and much more
- Developing mentoring and supportive relationships with SummerWorks staff and employers
- The opportunity to intern for 10 weeks at a minimum of 20 hours per week from June 13th - August 19th



## Key Dates:

3/13 | Applications Due  
4/11 or 4/13 | Orientation  
5/9 | Interview Week  
6/13 | Internships Begin  
6/13 | Mentorship Begins  
7/13 | Mid-Summer Event  
8/18 | End-of-Summer Celebration  
8/19 | End of Program

## Professional Development Sessions

4/19 or 4/21 | PD I  
4/26 or 4/28 | PD II  
5/03 or 5/05 | PD III  
5/17 or 5/19 | PD IV



For more information, including how to apply:



[SummerWorks.info](http://SummerWorks.info)



[mail@summerworks.info](mailto:mail@summerworks.info)

## What's Happening at the Ann Arbor District Library

**Open 10am-8pm Daily**

Browse our shelves full of books, movies, CDs, art prints, musical instruments, board games, and more seven days a week. Study and meeting rooms are open at all five locations. Learn more at [AADL.org!](http://AADL.org!)

**Fifth Avenue Studios**

To foster the creation of original audio content, AADL has launched Fifth Avenue Studios to support local podcasters, musicians, and audio creators in the Ann Arbor area. Want to launch a podcast? Record and release an album? Produce an audio drama? Visit [aadl.org/fifthavenuestudios](http://aadl.org/fifthavenuestudios) and pitch us your idea!

**Need Something Printed?**

Need to print forms, essential documents, applications, or homework? We can help! AADL will print up to 30 pages per person per week at no charge and have your printouts ready to pick up at any of our five libraries. Learn more at [aadl.org/printing](http://aadl.org/printing)

**FEATURE EVENT**

**FestiFools & FoolMoon**

**April 1 and April 3**

FoolMoon and FestiFools are back, bringing you sparkling luminaries and fantastic puppets under the theme of Alice in Wonderland. Join us on Friday night for the April 1 FoolMoon, including a stroll and roll through the streets of Ann Arbor. The party continues with the FestiFools parade on Sunday, April 3, with our puppets great and small parading down the street in all their foolish wonder. All the details can be found at [wonderfoolproductions.org](http://wonderfoolproductions.org).



## My hope for Purple House

**Purple House, or Jimmy Hill House, is the current site of weather amnesty winter shelter. There is a community meal there every Sunday at 3:30 p.m.**

In February 2019, I lost a marriage, a house, a career and nearly 20 years of sobriety in one month. I was estranged from my blood family so when I decided not to return to my marital dwelling, I was officially homeless. To add insult to injury, a few nights after I left, my car was totaled in an accident.

Fortunately I was near Ann Arbor when it happened. The resources available in Washtenaw County are great for helping people find food and housing. Other non-profit humanitarian organizations also provide food and shelter and other resources. With their help, in the months that followed I was able to regain my sobriety, obtain housing and buy a minivan. A year passed, a pandemic happened, I returned to my mother's home and spent the second half of 2020 there.

During the winter of 2020/2021 I returned to Ann Arbor to do service work for the Warming Center as a way of returning the favor that was done for me. Fortunately, for most of my life I have been engaged with one helping profession or another. From Apostolic Christianity to Earth First! From Alcoholics Anonymous to teaching high school math, service work seems to be my calling.

While volunteering at the Warming Center, I met members of Washtenaw Camp Outreach (WCO), a volunteer committee that helps homeless neighbors with direct, on-the-ground action. They told me about Purple House. Purple House is owned by the non-profit group MISSION (Michigan Itinerant Shelter System Interdependent Out of Necessity). MISSION



**JIM CLARK**  
Groundcover contributor

(website [www.missiona2.org](http://www.missiona2.org)) has been aiding homeless neighbors since 2012. In the coldest months of the year MISSION and WCO hold an emergency shelter program called Weather Amnesty. Overnight “guests” are met by volunteer “hosts” who help watch over the guests as they sleep. The program begins at 6:30 p.m. and goes until 8 a.m., seven days a week. In the morning, guests take the bus back to the Daytime Warming Center (or elsewhere); sometimes hosts are able to offer rides.

In 2021, I was able to do service work for Weather Amnesty by helping out overnight. Guests arrived at 6:30 to eat and settle in. Lights-out was at 10 p.m. when everyone slept in their cot in a large room. At night, when things were quiet, the vibe was a sense of peace. Even more profound was the sense of being cared for and belonging somewhere.

As a service worker, my goal is to make people feel like they matter to someone. Weather Amnesty at Purple House was just that. Not just a place to crash, it was sanctuary. Respite from the cold, and respite from the

indifference and complacency of society. It was a family.

In the summer of ‘21, the WCO held biweekly BBQs at Wheeler Park. On the odd weeks, Purple House hosted the Chelsea Free Methodist Church (and other food contributors), who provided a home cooked buffet. “Fed Up,” a food ministry, came with their taco truck one weekend! The other summer event was starting a community garden. Rose M., Lindsay C., Cynthia P. and myself planned and planted. We had guests and hosts take part in an event that drew us together and in what will hopefully be a seed for the future of Purple House.

As the fall rolled in, the WCO BBQ moved to Purple House. The sense of family continued to grow: deeper in those who spent the winter together, broader in terms of people being attracted to what we were building. The same members of the community would come every weekend and perform their roles – cooking, eating, or cooking and eating. In November we hosted a Thanksgiving dinner which was attended by the broader community. It was reminiscent of a big family gathering. People have come to know each other like brother/uncles and sister/aunties and cousins. We were a tribe.

Weather Amnesty resumed in December 2021. With a year behind us, we started the season with a volunteer meeting to discuss strategies for managing guests and ideas about programming such as an AA meeting, Narcan training, or other skill/knowledge sharing events.

We have been experimenting with

“Respite Sunday,” allowing the guests to stay past the 8 a.m. check out time on Sunday morning and stay on the grounds until Monday morning. So far we have had a great showing of volunteers for it. A recovery meeting and a reading group took their maiden voyage in early February and both were well received. A sign that Purple House is heading in a good direction has been the community/tribal meetings. At the meetings hosts and guests sit down and have a “talking stick”-style meeting. Concerns are addressed, proposals are made, and praise and gratitude are frequently, openly expressed. It creates a welcoming environment where everyone's voice is heard.

My hope for Purple House is that it becomes a community/tribal resource center that can do more than the government agencies. Much of the discussion at the meetings centers on the need for community building and the desire for human potential building events. To become a center where skills are shared and people are able to find resources, while also continuing into the summer as an overnight respite, would be an incredible service to the community.

Above all, the most important resource that Purple House has to offer is the extension of human warmth — friendship not governed by professional distance rules. The government agencies are great at helping with food, clothing and shelter, but they have many restrictions. They cannot provide something that homeless neighbors need desperately: a sense of being loved, and belonging somewhere.

## Anti-camping statutes: the cruelty of criminalizing necessity

Water. Food. Shelter. These are the most basic physical necessities that humans must have in order to survive. And we do just that: survive. People placed in dire situations often show unbelievable resilience to harsh conditions – even those conditions imposed by other people.

What would you do if you were recently evicted and the shelter was full? The end of Rotation (overnight shelter in places of worship that right now change every three weeks) this month will kick many unsheltered people out to the streets, forcing them to sleep outside. Sometimes the Michigan winter doesn't end as early as expected. Dangerously cold temperatures leave those outside vulnerable to frostbite or hypothermia. Camping with an adequate sleeping bag and tent or squatting in an unoccupied property becomes necessary to survive.

And this is the cruelty of anti-camping laws. When people must break the law to survive, they are further forced into the metaphorical space between a rock and a hard place. Sort of the legal equivalent of being kicked in the teeth while down: the anti-camping statutes create an unstable environment for people who are just trying to survive. At



**BEN GIRODIAS**  
Groundcover contributor

any time they can be forcibly removed. As if being on the streets isn't stressful enough.

In the United States, one founding principle of our legal system is equity of law: the law should apply to all equally. Much as rights should extend to all, no matter race, ethnicity, national origin, sex, gender or sexual orientation, laws should be applied equally to all citizens, no matter their wealth. This principle goes further, requiring not only that laws be enforced to all citizens equally (in practice they unfortunately aren't) but also that laws be written without discrimination against specific populations. Many local laws break this premise; specifically, they tend

functionally to apply only to low income people, effectively criminalizing being poor.

For example, a law that bans public urination doesn't apply equally to all. People who live in homes can use their own toilets. Those who don't have a place to live can't. And certainly no one can hold it indefinitely. Thus, those who are without adequate shelter and thereby without access to toilets are then forced out of necessity to break the local ordinance. People have to go when they have to go no matter how much they want to be an upstanding citizen.

As a city, Ann Arbor witnessed this last summer. The removal of the public restrooms near Liberty Plaza, worsened by the closure of the downtown library and Blake Transit Station and their facilities, led to an uptick in public urination and defecation. To the city's credit, the public outhouses were soon reinstated (after public outcry), but this does illustrate the disconnect between policy makers and the unhoused.

Now, consider how these same laws aren't applied to those with shelter. For example, a younger child who likes nature may, with their parent's permission, sleep in a tent in their backyard on

a cool summer night. In this hypothetical, most would certainly agree that the child shouldn't be prosecuted nor would it functionally happen. No one is calling for draconian measures against grade school children enjoying a cool summer breeze. It just illustrates how the same anti-camping statute doesn't apply to those with wealth. It effectively has been weaponized as a means of targeting specific populations, despite seeming to apply to all.

Please note that addressing these issues does not equate to a carte blanche ordinance-free city. Rather, laws need to be written and updated in a coherent way that gives all people the possibility of following them. Creating unfair laws that cannot possibly be followed by some of the population violates the idea of equity under law.

Instead of a brute force outlawing of life-sustaining behaviors, a more nuanced solution-focused path would be less cruel and more effective. People will not follow laws if they directly violate their basic needs. They need to be given a realistic possibility of following a law in order for it to follow the principle of equity under law. If you work with people, they will work with you.

## A call for affordable housing in the memory of La'Shon and Caleb

Perhaps you heard about the execution-style murder of two adults and a child in Detroit around Presidents Day weekend. I knew the mother, La'Shon Marshall, and her five-year-old son, Caleb Harris. I met La'Shon when she was 23 and Caleb was still a baby. She was gregarious, a comedic storyteller and fiercely protective of her son. She was also angry, frustrated and motivated to improve life for her family.

She had already survived abandonment, violence and the foster care system and was determined to give her son a stable home and good education. She might yell and be indignant when she felt unheard or disrespected, but with Caleb she was always calm and measured.

La'Shon took refuge at Covenant House in Detroit. When Marquise Williams, one of the House counselors, offered the opportunity to speak to those in power about the conditions residents faced in life, La'Shon leapt at the opportunity. That is how I got to know her. We



**SUSAN BECKETT**  
Publisher emertius

lobbied together as volunteers with RESULTS.

We eventually met with all of the Congressional Representatives from southeast Michigan and both of our Senators. They were attentive as La'Shon described the seemingly insurmountable obstacles to securing a safe home with a good school for her son. How even after securing a Housing Choice (Section 8) Voucher, landlords in the better parts of town would turn her down because they could disregard the HCV income and



**La'Shon was a housing and poverty solutions advocate. She (pictured right with Congressman Andy Levin) and her son (left) were murdered in February.**

she would fail to meet their income thresholds based solely on her part-time job income. Full-time work was not an option because her minimum wage jobs paid too little to afford child care she trusted.

“She was a powerful young woman who struggled against the many ‘deliberate systems of inequalities,’ but who learned to effectively speak Truth to



Power on Capitol Hill,” said fellow advocate Delores Lyons.

“La'Shon spoke to Representatives about poverty issues, and lobbied on Capitol Hill for poverty-ending legislation like safe, good housing for people like her; and to make permanent the expanded Child Tax Credit (which lifted

# Living with mental health conditions in 2022

## Lend-A-Hand NAMI Washtenaw County

Happy New Year from Lend a Hand, NAMI (the National Alliance on Mental Illness) Washtenaw County. We look forward to new projects this year including creating a wallet-sized resource card for law enforcement and/or unarmed safety response teams to distribute at crisis intervention incidents. The card will also be available to the public at our outreach tables throughout the year.

This year is going to be tumultuous when it comes to mental health with much work to be done. Among many issues of interest are the following:

- In July 2022, the National Suicide Prevention Lifeline number, 1-800-273-8255, will officially change to the 3-digit 988 number.
- Our State Senate majority leader, Mike Shirkey, introduced two controversial bills that, if passed, would privatize the public mental health system in Michigan. Representative Felicia Brabec (Vice-Chair of the Appropriations Subcommittee on Health and Human Services) is a practicing psychologist who will speak up to make sure that legislators clearly understand how their actions will impact peoples' lives. Mental health advocates are deeply concerned about the implications of Shirkey's legislation.
- At the local level, the Ann Arbor City Council has passed a resolution to establish an unarmed safety response program. Organizations including the Ann Arbor Police Oversight Commission, Citizens for Mental Health and Public Safety (CMHPS), and the Coalition for Re-envisioning our Safety (CROS) are weighing in on what the program should look like.

This is a year to shore up our strengths and celebrate them — to discover what fuels us in the face of adversity. We've managed to live with the disruption of COVID and more. We are all up for the challenges ahead in 2022.

One of our Lend a Hand members has written a moving piece about how he manages his struggle with depression and anxiety with a strong positive attitude. Adam Alkhouly's "love letter" speaks to all of us:

Dear Reader,

I would like you to know that I am a very positive and upbeat person. People usually compliment my smile and energy. I preach about love, hope, peace, positivity, and the lot. When someone is down and they come to me, I sound like a broken record with all the clichés, "Never give up, there's a light at the end of the tunnel, the best is yet to come," and so many more. However, there is a darkness inside of me. A place where the light does reach, but it doesn't matter all the same.

I am an inception of anxiety and depression, like a Russian doll of some sort. There's this big bulky doll on the exterior, who may seem a little sad, but it carries its own weight. Nothing can shake it. Underneath that is another figure slightly more terrified, that panics about panicking later. Even further inside is another figure that is falling apart. Last but not least, there's a little figure curled up in the fetal position, lying there, dormant. Shaken by the world and what it provides. There are days when the anxiety is so ruthless that it hinders my positive attitude. I still carry on about my day. Why? Because I have to. Because I am here for a reason, and I will be dead before I do not live my day to the fullest. That does

not mean I am not broken inside. I am. But I tread on. Carrying the weight of my anxiety around.

My college psychology professor, who has a professional degree in clinical psychology and a license to prescribe medicine, diagnosed me with anxiety and depression, and minor obsessive-compulsive disorder. I have it just enough to not hinder my daily routine, but it prevents me from moving forward until a task is completed. There's this thing under any floor called a slab. As we architects create design modules of buildings, we cannot forget to implement critical elements of a building, such as the slab. During my projects, sometimes the slab would be the tiniest bit offset from the walls it was bearing, around 0.1 cm, an obscure number. But I could not move forward with the knowledge that such a minor discrepancy existed. So, I spend more time than needed on unnecessary issues, while eventually running out of time, causing the Russian doll anxiety in me to skyrocket. I try to tell myself it is okay, and sometimes it works.

If this entire story, or letter, or whatever this may end up being is any indication, it is that I believe I have the answers. Not to everything, but at least, I know there is a light at the end of the tunnel. The sun will rise after the dark, cold night. I know all of that. But it doesn't matter. My anxiety will not allow me. It took me a while to understand, but I know now that we should seek help when needed; it is usually in our best interest. We need to take care of ourselves, before anyone else.

Now, dear reader, listen very carefully to me. It is okay not to be okay. Allow yourself to feel what you feel. You are not alone, and if you feel that you are, remember this letter. Remember

that you are trying your best, and when that is not enough, that is all you have to give. You are not required to bend the skies to make it rain. You are allowed to complain about the drought while you wait for the rain. Do not set yourself on fire to keep others warm. You are your own person, you are your fire, and your warmth is more than sufficient.

I have issues. I know I do. I let them dictate me more often than I would like to admit. But I am stronger because of them. I am in a constant state of learning about who I am, and I can only go up from here. I am advocating for all of us because we are beautiful, our journeys are beautiful, and we are light. Things will be dark, but we are light. We deserve to be happy, and we deserve that light we shine. Do not let anyone tell you otherwise. I hope that if you struggle, you have the courage to reach out and ask for help. I hope if you are better and happy, that you continue to be better and happy. Know I am always carrying all of you with me, and I am fighting for us.

Sincerely, with love,

Adam

Your friend —

because you are never alone

Lend a Hand continues to advocate for individuals in our community with mental health conditions. We are pleased to partner with Groundcover News to keep readers abreast of our activities and important local and national mental health news.

### Contact Us

[www.namiwc.org](http://www.namiwc.org)

Email: [office@namiwc.org](mailto:office@namiwc.org)

Office: : 734-994-6611

WCCMH Access Line: 734-544-3050

### ► CALEB from page 7

more than 3 million children out of poverty last year) and the Earned Income Tax Credit for the working poor.

"Representatives on Capitol Hill knew and loved her because she not only fought for herself and Caleb, but for every American in her situation.

"La'Shon was raised in foster care, aged out at 18 and was released to the streets with no support or resources. Life has definitely been no bed of roses for her but she found her voice and her purpose and was soaring. La'Shon would give and share whatever she had. She loved helping others ..." said Lyons.

As a member of the RESULTS Experts on Poverty team, La'Shon polished her speaking and told politicians," I am here

to tell you that Child Tax Credit makes a huge difference in the lives of families with children. It helps you stay afloat. And I know as a child it would've made a huge difference in my life because it could've prevented me being physically and emotionally abused. It could have given me the opportunity of being happy and actually learned how to love and appreciate myself as the child I once was and the woman and mother I am today.

"So as the mother I am today I understand that I use tax credits to help me and my son throughout the year to be able to have soap and new covers and socks and underwear ... to buy things in bulk so we don't have to use monthly earnings on soap and toilet paper, and I am actually able to be that mother my mother wasn't able to be for me. And

keep us a home my father had lost due to the fact he got sick and wasn't able to work or provide for us."

The expanded CTC and EITC helped La'Shon feed Caleb nutritious food and meet his other basic needs — except for housing in a secure neighborhood. Everyone agreed that the dearth of safe affordable housing was a problem. Aides in each Congressional office worked with her, but even they could not find a way through the systemic barriers and housing shortages to help her.

The problem is one of priorities. Where I live, 75% of the houses are occupied for only a short time in summer. Many of those houses are one of several that only they and family members use occasionally. In my sister's neighborhood, bungalows are bought up and replaced with

million-dollar homes or turned into Air BNBS. There is nowhere for their previous long-term renters to go.

This is why housing advocates have been so insistent on including short- and long-term solutions in the Build Back Better Bill or any legislation that replaces it. There is a shortfall of 204,728 affordable homes in Michigan and 6.8 million across the United States. It will take years to get them all built. Meanwhile, the only hope for the 75% of low-income families priced out of housing is Housing Choice Vouchers.

Caleb was a gregarious, well-mannered boy with a big smile who loved his mother. La'Shon was a determined young woman with so much to give. Their loss leaves a hole in my heart and the world.

# Sudoku

★★★☆☆☆ 4puz.com

6	2					9	7
	8		3		9	4	
	4			2		8	
8				9			4
		9	8		4	2	
3				1			9
	3			6		1	
	1		4		7	6	
4	9					2	8

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

### Groundcover Vendor Code

While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be distributed for a voluntary donation. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other

Groundcover vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff, and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor in downtown areas. I will also abide by the Vendor corner policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

If you would like to report a violation of the Vendor Code please email [contact@groundcovernews.com](mailto:contact@groundcovernews.com) or fill out the contact form on our website.

Ouch! Peter A. Collins

### ACROSS

- "Get outta here!"
- Santa has two
- Equitable
- Phnom
- Bother persistently
- Turkey is in it
- Cereal material
- Best-effort performance
- "I've had a perfectly wonderful evening, but this wasn't it" speaker
- Film franchise started in 2007
- Mar. honoree
- Do keyboarding
- Army V.I.P.
- Rotini alternative
- Gleam
- LAX clock setting
- Salad bar grabbers
- 36-Across, for instance
- Hangs out
- 1952 hit song by Eddie Fisher
- Deli loaf
- Certain flat-screen, briefly
- Old enough
- Plane's place
- Ambulance grp.
- Not fitting
- Adolescent's woe (and a hint to this grid's circles)
- Green shade
- Proportion part
- Atlas contents
- Tons
- Tuscany town
- Monroe's lake
- Short-term jobs
- Continue until
- Bobcat cousin

### DOWN

- Ladybug features
- Club alternative
- Available, as some beers
- "Good comeback," in

X	N	A	T	I	V	D	N	E	S	D	I	G
E	I	R	E	V	N	E	I	S	J	O	T	V
S	P	V	W	O	I	L	V	R	E	D	V	J
S	N	I	V	D	N	E	I	S	J	O	T	V
E	N	D	N	U	S	L	W	E	A	K	S	P
E	A	R	E	N	I	S	J	O	T	V	J	P
S	R	E	I	O	T	I	S	N	E	J	N	U
S	D	N	O	L	E	O	R	I	V	D	J	S
E	N	I	H	S	E	N	E	N	E	P	S	E
J	V	W	E	S	E	D	A	J	L	V	D	J
S	R	E	W	M	O	F	S	N	V	R	L	S
X	R	V	W	E	W	D	V	S	N	E	O	J
V	I	S	V	L	V	E	H	N	E	D	E	P
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1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21					22			
23				24					25	26	27	
28				29	30				31	32		
33	34	35		36				37	38			
39				40				41				
42				43					44			
45				46					47			
48				49	50	51			52	53	54	55
56				57	58				59	60	61	
62				63					64			
65				66					67			
68				69								

Peter A. Collins

- One out on a limb
- Othello's false friend
- Truck meet official
- "The Eyes of Faye" (2021 film)
- Like some prices
- Copier problems
- Letters on postage stamps
- Knight title
- Retailer's collection
- Crosses a low hurdle
- Recharging
- Worker who gets the shaft?
- Peeved
- Jackson or James
- Babe in the woods
- Guitarist Lofgren
- All the rage
- Attracts
- Pancake pile
- \_\_\_ bear
- "Frozen" snowman
- Federal law ensuring public access to records: Abbr.
- WSJ rival
- Hypothesized
- Glossy finish
- Code name?
- "Tom Sawyer" author
- Notes to self?
- Take off the clothesline, say
- Suburban London county
- Understands
- Singer Simone
- Farm animal
- Binge
- "Moonlight" Oscar winner
- Boxer, for one

8	2	7	1	3	5	9	6	4
3	9	6	7	8	4	5	1	2
5	1	4	2	9	6	8	3	7
6	7	8	9	1	2	4	5	3
9	3	2	4	5	8	6	7	1
4	5	1	3	6	7	2	9	8
1	8	3	5	2	9	7	4	6
2	4	9	6	7	3	1	8	5
7	9	5	8	1	4	3	2	6

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### MARCH 2022 EVENTS AT BETHLEHEM

In person events are just starting to resume at BUCC. We ask that you visit the church website at: [bethlehem-ucc.org](http://bethlehem-ucc.org) for the most up-to-date calendar and event information.



### Sunday Worship Time

10:00 am In-person

and via Live Stream and

Radio Broadcast

# Celebrating Black leadership in health equity and race disparities research

An April 20, 2021, article by Mackenzie Bean of Becker's Hospital Review stated the following findings in reference to a study published April 19 in the *Journal of General Internal Medicine*: "Researchers at the University of California — Los Angeles analyzed U.S. Census data from 1900 to 2018, which included information on 150,000 physicians. Of these, about 3,300 were Black male physicians and 1,500 were Black female physicians." Bean continued, "In 1900, about 1.3 percent of U.S. physicians were Black. This figure rose to 5.4 percent in 2018. Over the same period, the overall proportion of Black Americans in the U.S. rose slightly from 11.6 percent in 1900 to 12.8 percent in 2018." It is abundantly clear, according to the lead author, Professor Dan Ly, that there is an equity gap in the representation of Black doctors in the American healthcare system.

## What the American Medical Association is doing to improve health equity gaps

The American Medical Association is the largest professional association for physicians. It recently proposed a strategic plan to confront equity and justice issues in medicine titled "The AMA Strategic Plan to Embed Racial Justice and Advance Health Equity." The strategic plan noted that "Advancing health equity through AMA's efforts entails a dedicated, coordinated and honest approach.

It recognizes the harmful effects of AMA's past and targets the systemic inequalities in health care system and other social institutions. And it charts a path towards a more promising and more equitable future for all."

In order to implement the first three years (2021—2023) of AMA's Health Equity Plan, five methods and approaches have been identified. They are: 1. Embed racial and social justice in AMA enterprises; 2. Build alliances, share power with historically marginalized "minoritized" physicians and other stakeholders; 3. Ensure equitable structures and opportunities in innovation; 4. Push upstream to address all determinants of health and root causes of inequities; and 5. Foster pathways for truth, racial healing, reconciliation and transformation.

AMA searched for an accomplished and dynamic leader before designing the health equity plan. Their press release of May 14, 2019, announced that the first AMA Chief Health Equity Officer had been selected. Her name is



**WILL SHAKESPEARE**  
Groundcover vendor No. 258

Aletha Maybank, MD, MPH. The press release continued, "Dr. Maybank joins the AMA after serving as deputy commissioner and founding director of the Center for Health Equity within New York City's Health Department."

Since her hiring as the inaugural Chief Health Equity officer and Senior Vice President for the American Medical Association, Dr. Maybank has launched several equity implementation initiatives, including video conversations on health equity and racial justice. She is committed to promoting the health equity objectives of AMA. She is a pediatrician known for her health equity work and preventive medicine in disadvantaged communities.

## Public Health Research and Black Leadership on the Challenges of Racial Health Disparities

The big elephant in the room in most conversations about black health and wellness is the challenge of health disparities or health inequities. There have been several theories and hypotheses scholars have posited. There have been some research findings discussed by public health scientists, social and behavioral scientists, and of course, health economists. For centuries, White American researchers had the monopoly on studying and sharing research evidence on racial health disparities with the American public.

However, the nation is witnessing an increase in research participation and authorship of Black scholars in all fields, including health disparities and health inequities. For example, comprehensive research conducted by Dr. David Williams, a distinguished scholar at Harvard School of Public Health, revealed that most Americans are aware of socio-economic disparities between Whites and Blacks. However, fewer Americans know about the health disparities between Whites and

Blacks. Dr. Williams, who received his PhD in Sociology from the University of Michigan and spent 14 years in Ann Arbor as a faculty member, has written over 150 articles and several books on Black health disparities, health behaviors, and global health promotion. We encourage our readers to view Dr. Williams TED/MED talk of April 2017, and watch the highly acclaimed PBS film titled, "Unnatural Causes: Is inequality Making Us Sick?" Dr. Williams was a key scientific advisor to the PBS film documentary.

Another leader in Black health and wellness who has contributed groundbreaking research on the topic of race health disparities is Dr. Thomas LaVist. He received his PhD in Medical Sociology from the University of Michigan. He spent more than two decades as a Distinguished Professor of Public Health at the Johns Hopkins' Bloomberg School of Public Health. After a brief period as the chair of George Washington University's Department of Public Health, he accepted a position as the new Dean and Presidential Chair in Health Equity at Tulane University School of Public Health and Tropical Medicine. We encourage our readers to view Dr. LaVist's film documentary of Brownsville, Brooklyn — a place where he grew up. The film talks about health disparity, poverty, new resources and gentrification.

In addition to the two distinguished Black American leaders in public health research, we want to include University of Michigan School of Public Health's Dean and Professor of biostatistics, Dr. F. DuBoise Bowman. He received his Master's and PhD training in Biostatistics at the University of Michigan. He was a distinguished and innovative professor of public health metrics and informatics at Emory University before becoming a Biostatistics Department Chair at Columbia University. Dr. Bowman is a strong advocate of the U-M's Diversity, Equity, and Inclusion Initiative. His work informs policy decisions.

In our Groundcover News February article, we mentioned that Dr. Michelle Williams is an African-American distinguished professor and Dean of the Harvard School of Public Health. She has led groundbreaking studies on maternal and child health. She has published numerous articles on racial health disparities. Recently she participated in a zoom symposium on issues of health inequities, disparities, and the African-American communities which was sponsored by the Charles

Wright Museum of African American History and Wayne State University. We encourage our readers to view the website titled, "1000 Inspiring Black Scientists." Their pictures and short bios are a small snapshot of tens of thousands of African Americans with MDs and/or PhDs who are making a difference in their nation and their local communities.

## Conclusion

While some significant strides have been made on society's road towards genuine diversity, equity and inclusion, we need to do more. The COVID-19 pandemic exposed lots of fault-lines and holes in the nation's healthcare system. There are inequities in health access, treatment and outcomes. There are inequities in affordable decent housing and purchasing power. There are inequities in food security. There are inequities in child poverty, and there are inequities in health insurance coverage.

These kinds of inequities are described as social determinants that adversely affect the health and wellness of poor communities. *USA Today* of June 2020 carried a headline in the Health News Section which read, "U.S. doctor shortage worsens as efforts to recruit Black and Latino students stall." Reporting on a recently-released study, the writer, Ken Alltucker, observed that the Association of American Medical Colleges (AAMC) "projects the nation will face a shortage of doctors as the population of retirement-age Americans soars 45 percent by 2033." Alltucker said that in 2019, only 7.3 percent of students in U.S. medical colleges identified as Blacks or African-Americans — "Despite efforts to bolster the ranks of Black doctors, the figure still lags the 13% in overall population."

The nursing profession is an essential component of the healthcare industry. Nursing assistants and nursing technicians are a larger proportion of nurses in health care facilities, and frequently they are referred to as vocational nurses. According to the findings of the 2019 American Community Survey, 25 percent of health care support workers are Black. Black registered nurses comprise only 6.2 percent of all practicing nurses. Registered nurses who identified as White or Caucasian make up about 80.8 percent of practicing nurses. There is a significant gap in registered nurses between

see **HEALTH** next page ➡

## ➡ HEALTH from previous page

Whites and Blacks. Moreover, the January 2022 Becker's Hospital Review published an article by Kelly Gooch which read, "63% of nurses have experienced racism in the workplace, survey finds." The survey, which was conducted by the National Commission to Address Racism in Nursing, found that among nurses of color, 92% of Blacks, 73% of Asians and 69% of Hispanics reported that they had experienced racism at their jobs.

From 1900 to the present day, there has been noticeable progress achieved in the struggle to improve health equity, health disparity and racial injustice in our communities and our health care system. Rev. Dr. Martin Luther King Jr. talked about

the connection between poverty/hunger and health outcomes in the inner cities. In the 1970s, Physicians Group of Harvard's School of Public Health echoed Dr. King's speech during the 1964 Nobel Ceremony, and commissioned a major health disparity study. Recent research in 2022 reflects similar findings to the 1970s — poverty adversely affects a child's brain!

Advocates for a Build Back Better Act and an increased Earned Income Tax Credit for families with children point to the damage done to children's brain function and cognition when they are hungry. The Build Back Better Act and monthly payments of EITC are projected to cut the child poverty rate by a whopping 40 percent!

## BLACK LEADERSHIP IN PUBLIC HEALTH



**Thomas LaVist, PhD, MA.**  
Dean, Tulane School of Public Health & Tropical Medicine



**David Williams, PhD, MPH.**  
Chair, Social & Behavioral Health, Harvard School of Public Health.



**Michelle Williams, PhD, MPH.**  
Dean, School of Public Health at Harvard University



**F. DuBoise Bowman, PhD, MPH.**  
Dean, University of Michigan School of Public Health



**Aletha Maybank, MD, MPH.** Chief Health Equity Officer, American Medical Association.

## ➡ FREEDOM from page 3

a living relationship with the best heritage of humankind. The living word is best found in a mind-to-mind transmission from an unbroken transmission. Buddhism is clear on this, especially in the Vajrayana tradition and its connection to primordial Buddhas. Christianity has more confusion due to a focus on the written word and whatever texts were legal or illegal by imperial decree. Mary Magdalene may have been the closest disciple of Jesus but you will need to go into the All Good Expanse Of Primordial Purity to find her. We do have resources and our own heart and mind is the key.

The history of the world is our resource. I go to Buddha and Jesus from ancient times and to the Original People of Turtle Island, Vietnamese, Cubans, Tibetans of today. The more I look the more I see. From the European-American, in my case Scotch-Irish and German-American, I welcome African-Americans as our connection to Africa, the Mother of Homo Sapiens. Rev. Dr. Martin Luther King Jr. is the living word for many of us.

Celtic people are the original connection to the tribes of Europe and a reading from "Tales of The Mabino-gion" will give you some experience of our power and how to use it: The Throne of Sitting and the Distraction of Appearance. My gratitude to the vast display of mentors, spiritual friends and comrades is beyond words. I believe we can learn a deeper meaning of words like freedom and necessity and begin to communicate in work and play as a ceremony of celebration that we are truly alive. You can have a bounce in your step at any age. Or sit quietly on your seat and glow.

Naropa taught me the most about words and the meanings of words. He was a tenth century Common Era intellectual giant and debate champion. He was humbled by the sudden appearance of a grandmother from the sky who was delighted by his achievement as they both shared great respect for their mutual view of words. She was there to take him to the next level and asked him, "Are you experienced, do you know the meaning of the words?" He could not bluff her and asked, "Who is experienced?" She inspired him to search for Tilopa, her brother, from whom he received the mind-to-mind transmission and experienced who he really is.

The natural unity of words and their meanings. So freedom has something to do with discovering who you really are and using that power to benefit self and others. Naropa University in Boulder, Colorado is dedicated to him. His biography is an amazing education. Lana Nancy, who was interviewed in the last issue of "Crazy Wisdom," has training in the Six Yogas of Naropa.

... Now is a good time for the natural breath that clarifies body, speech and mind. You are a work of art ...

Necessity is the mother of invention. Discover yourself and the inter-relatedness of the commons we share. Take a breath and feel the power we share. We can create something good in this fresh moment. Spring forward with body, speech and mind in service to a living compassion, loving kindness and wisdom. You will be happy to be an essential worker, developing the talents to do whatever needs to be done. Some of us will meet at the Ann Arbor Community Commons for International Women's Day on March 8. Take a breath, check the schedule and attend in person or in spirit.



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REVS. PAUL AND STACEY SIMPSON DUKE, PASTORS

# Lorri's coleslaw

**JUSTEN WHITE**

Groundcover vendor No. 543

## Ingredients:

1 medium white or purple cabbage  
3 medium carrots, peeled and shredded  
1/2 cup oil  
1/3 cup red wine vinegar  
2 tablespoons sugar  
1/2 teaspoon salt  
1/2 teaspoon celery seed  
1/2 teaspoon dry mustard  
2 cloves of minced garlic  
1/2 teaspoon of black pepper  
6-8 drops of hot sauce (or to taste)  
few dashes of Worcestershire sauce

## Directions:

Quarter the cabbages through the core, and then cut out the core. Cut



each quarter crosswise in half and finely shred. Place the shredded cabbage in a very large bowl (you will have 6 to 8 cups). Add the shredded carrot and toss to mix. Combine all dressing ingredients, add to cabbage mixture and let sit 30 minutes or more.



**St. Francis invites you**  
to join in Mass by LiveStream:

to come and meet Christ Jesus who loves each one of us and who is really present here to save us.

*"If God were your Father, you would love me, for I came from God and am here; I did not come on my own, but he sent me."*  
+ Christ Jesus (John 8:42)

## Mass Times:

Saturday Vigil 5 pm & 7 pm (español);  
Sunday 8:30am, 10:30am, 12:30pm.  
Daily Mon-Fri at 9:15am; Thurs Mass is followed by a Holy Hour.

**On Ash Wednesday, March 1st our Masses are at 7am, 9:15am, 12:15am and 7pm.**

Spanish: [stfrancisa2.com/misa](http://stfrancisa2.com/misa)  
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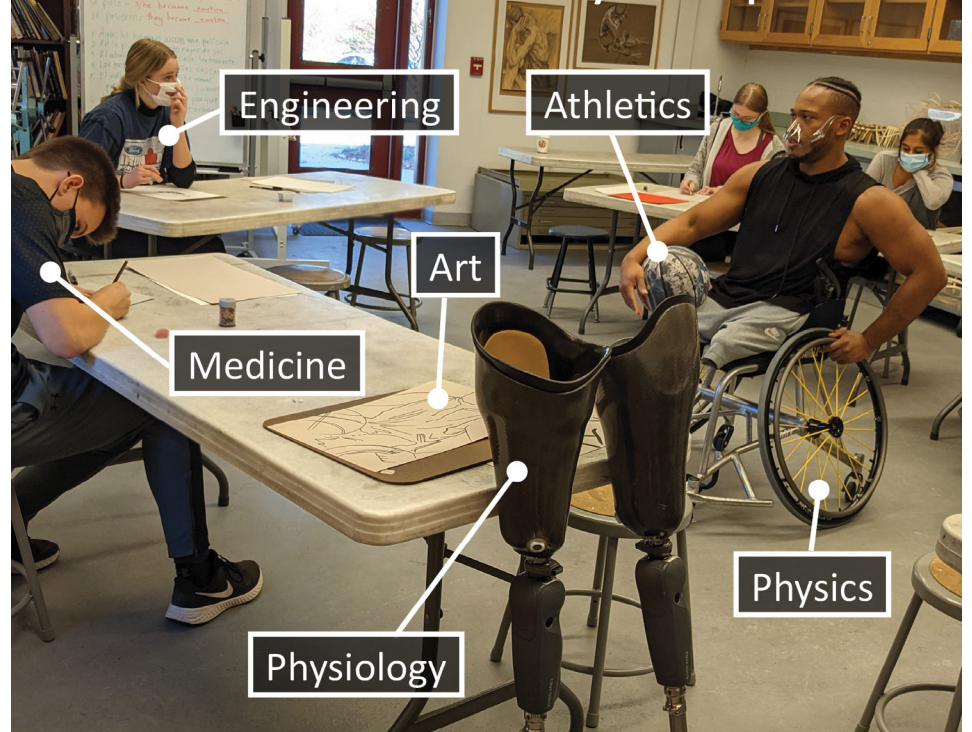
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